

# PEHR 1301

## Intermediate Swimming

January 6<sup>th</sup> - April 23<sup>rd</sup> (Spring 2014)

---

Instructor: Wilkins, Luke	Office: ORAC
Email: odr@dixie.edu	Office Hours: 10am-4pm
Class Room: Fitness Center Pool	Office Phone: 652-7986

---

<b>CRN:</b>	26286
<b>Credit Hours:</b>	1
<b>Lecture Section:</b>	01
<b>Required Book:</b>	None
<b>Days/Time:</b>	Monday & Wednesday, 10-10:50pm

### Course Description:

This course offers the opportunity to discover one of America's most popular leisure time pursuits and develop skills and interests that will bring a lifetime of enjoyment and health promotion.

### Student Objectives:

1. Learn to swim proficiently
2. Learn self rescue

### Course Information:

If you are a student with medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the individual's disability.

### Attendance:

Role will be called on the hour during each class period. 3 Tardies will be considered 1 absence. Every 3 classes missed 1 letter grade will be dropped.

\* Don't miss more than three days!

### Extra Credit:

A maximum of five days can be made up throughout the semester.

### Grading:

<b>Attendance</b>	<b>300 points</b>
<b>Total</b>	<b>300 points</b>

(\* These totals are subject to change)

## FCS/PEHR Grading Scale:

<b>A</b>	95 - 100%	<b>A-</b>	91 – 94%	<b>B+</b>	88-90%
<b>B</b>	84 - 97%	<b>B-</b>	81 – 83%	<b>C+</b>	78-80%
<b>C</b>	74 - 77%	<b>C-</b>	71 – 73%	<b>D+</b>	68-70%
<b>D</b>	64 - 67%	<b>D-</b>	61 – 63%		
<b>F</b>	60% or lower				

**\*\*\*Final Grades will be posted by Tuesday, May 6<sup>th</sup>, 2014\*\*\***

## Department Objectives:

All PEHR courses have the following objectives:

- Enhance development of physical, mental, social, and emotional well-being through physical education;
- Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- Demonstrate and understanding of physiology that promotes safety in physical exercise;
- Develop a fitness plan pertinent to the physical activity of the course, as applicable

**\*\* In compliance with Dixie State College policy, only students registered for the course may participate.** Please do not ask to bring an unregistered friend or spouse on any of the class activities. No exceptions will be made. Firearms, fireworks, pets, electronic devices (e.g., radios, CD players) are also prohibited.

## Required Equipment

- Swim Suit
- Goggles
- Water bottle

## Optional Equipment

- Swim Fins
- Hand Paddle
- Kick Board

# CLASS SCHEDULE

## January

6 & 8	Introduction
13 & 15	Swim Instruction
20 & 22	Swim
27 & 29	Swim

## February

3 & 5	Swim
10 & 12	<b>Spring Break</b>
17 & 19	Swim
24 & 26	Swim

## March

3 & 5	Swim
10 & 12	Swim
17 & 19	Swim
24 & 26	Swim
31	Swim

## April

2	Swim
7 & 9	Swim
14 & 16	Swim
21 & 23	Swim / <b>Last Day</b>
<b>25</b>	<b>FINAL EXAM 9:30am-11:30am</b>

### Important Semester Dates to remember:

Jan 6 <sup>th</sup>	Classwork Starts	Mar 17 <sup>th</sup>	Fall 2014 Class Schedule Available
Jan 9 <sup>th</sup>	Last Day to Waitlist	Mar 17 <sup>th</sup>	Summer Registration - Seniors
Jan 10 <sup>th</sup>	Last day to Add w/out Signature	Mar 18 <sup>th</sup>	Summer Registration - Juniors
Jan 15 <sup>th</sup>	Drop/Audit Fee Begins (\$10 per class)	Mar 19 <sup>th</sup>	Summer Registration - Sophmores
Jan 15 <sup>th</sup>	Residency Application Deadline	Mar 20 <sup>th</sup>	Summer Registration open to all
Jan 20 <sup>th</sup>	Martin Luther King Jr. Day	Mar 28 <sup>th</sup>	Last Day for Complete Withdrawal
Jan 21 <sup>st</sup>	\$50 Late Registration/Payment Fee	Apr 1 <sup>st</sup>	Bachelor's Degree Graduation Deadline - Fall 2014
Jan 27 <sup>th</sup>	Pell Grant Census	Apr 7 <sup>th</sup>	Fall Registration - Seniors
Jan 27 <sup>th</sup>	Last Day for Refund	Apr 8 <sup>th</sup>	Fall Registration - Juniors
Jan 27 <sup>th</sup>	Last Day to drop w/out receiving a "W" grade	Apr 9 <sup>th</sup>	Fall Registration - -Sophmores
Jan 29 <sup>th</sup>	Courses Dropped for non-payment	Apr 10 <sup>th</sup>	Fall Registration open to all
Jan 31 <sup>st</sup>	Last Day to Add/Audit	Apr 23 <sup>rd</sup>	Class Work Ends
Feb 17 <sup>th</sup>	President's Day	Apr 24 <sup>th</sup>	Reading Day
Feb 24 <sup>th</sup>	Mid-Term Grades Due	Apr 25 <sup>th</sup> – 30 <sup>th</sup>	Final Exams
Feb 28 <sup>th</sup>	Last Day to Drop Individual Class	May 1 <sup>st</sup>	Associate's Degree Graduation Deadline – Summer 2014
Feb 28 <sup>th</sup>	Bachelor's Degree Graduation Deadline – Summer 2014	May 2 <sup>nd</sup>	Commencement
Mar 10 <sup>th</sup> -14 <sup>th</sup>	<b>Spring Break</b>		

### Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

### Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit [go.dixie.edu/dmail](http://go.dixie.edu/dmail). If you do not know your Dmail username or you have forgotten your PIN, visit [go.dixie.edu/mydixie](http://go.dixie.edu/mydixie) and follow the respective instructions.